

# Dee-ni' Nuu-wee-ya'

# TOLOWA DEE-NI' NATION TRIBAL GOVERNMENT NEWSLETTER

Nee-san Num-nii~-ma~s (October) 2020 - Volume 27, Issue 10

### **FALL EVENT**



# Tolowa Dee-ni' Nation 2020 Children & Family FALL EVENT

Due to the COVID- 19 pandemic, we are unable to have an inperson fall event (previously during Halloween time); however, in honor of the fall season, the Community and Family Services department (with grant funds from Tribal Child Care Association of California – TCCAC and Child Care Development Fund - CCDF) is providing families with an opportunity to drive-thru and pick up items (board games and snacks) to have their own family game night during the fall season with individual gifts for children 0-13 years in the household. Supplies are limited, will be first-come, first-serve as with past seasonal events until supplies run out.

Date: October 3, 2020

Time: 9:00 am - 12:00 pm

Location: North CFS Office 16299 US HWY 101 Smith River, CA 95567

Contact: (707) 487-3183



# **Great Ways to Stay Connected**

October is Mental Health Awareness Month. Not just during the month of October, but we can be active in our mindfulness throughout the year in making our time here on this Earth healthy, balanced and connected. There are several ways we can stay connected with ourselves. Our environment, our foods, our wisdom, our understandings and our spiritual practices offer great sources of nurturing our power for our overall well-being. Wellness is very much connected to our mind; for truly whatever we think, we are manifesting into reality. Reminding ourselves to stay connected can be challenging during those moments when we think we can't make it through our tough experiences, but we can, and we always do make it through with love in our hearts and gratefulness in our souls. Some ways we can stay centered:



Pray – we are a praying people, a grateful people. Being divinely inspired and intuitively led gives presence. Acknowledging our spirit, using our thoughts and words to express our gratitude is some of the best medicine we can offer ourselves.



Participate – Being involved in our ancestral practices and teachings gives us strength.
Participating models to our youth the importance and abilities to stay connected to the things, places and people we hold sacred.



Listen – Listening, paying attention and spending time with our sources of knowledge, understanding and value gives our spirit validation, it keeps us in the right direction and offers back a response of care.



Give Back – Returning time, energy and help are all great ways we can keep ourselves connected and grateful. It's gives one an opportunity to share the care. We can fill that role of the giver without it costing too much, time offers quality care, when we go beyond ourselves to offer time, it sure does indicate to the receiver about authenticity in the exchange of care.



Feel – Allowing ourselves to feel is another great way to connect. To make space for all our feelings is powerful. Accepting our feelings and allowing them, validates our truth, it opens ourselves up and keeps us real. Being honest with our emotion keeps them from coming out in other random ways that may cause confusion and depression. Feel it and release.



Share—Sharing yourself with those things, people and places that give you passion. Share your love with others, teach someone something or being there in full authentic presence with an activity, action and modeling that consistency is inspiration. Sharing is inspiring & you may never know till years later at how your sharing added to another's life or ideas. Be that light, be that love and be that teacher, these are modes of authenticity. It heals us all.

### Lhetlh-xat-ne (Tribal Council)

Leann McCallum	(707) 954-8319		
Chairperson	leann.babcock@tolowa.com		

Jeri Lynn Thompson (707) 951-3875

Vice Chair jeri.thompson@tolowa.com

**Debbie Boardman** (707) 951-0966

Secretary dboardman@tolowa.com

**Jaytuk Steinruck** (707) 954-5971

Treasurer jaytuk.steinruck@tolowa.com

**Cari Nelson** (707) 954-8056

Member cari.nelson@tolowa.com

**Dr. Joseph Giovannetti** (707) 218-6569

Member joseph.giovannetti@tolowa.com

**Scott D. Sullivan** (707) 954-6127

Member scott.sullivan@tolowa.com

# Na'sr-dvtlh-nvsh-dvn (Tribal Office)

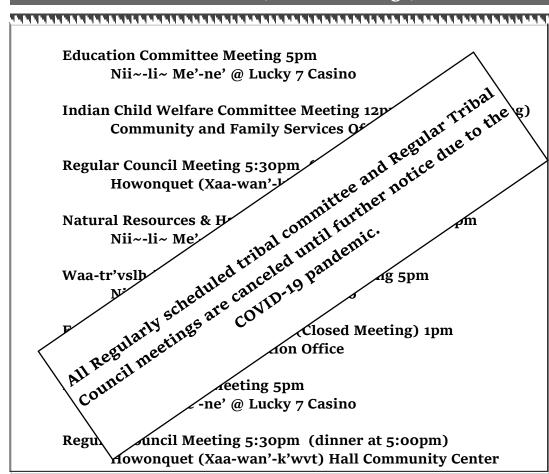
### .....

- Executive Director, Troy Ralstin (707) 487-9255, ext. 1220, <a href="mailto:troy.ralstin@tolowa.com">troy.ralstin@tolowa.com</a>
- **Chief Financial Officer,** Jose Tercilla (707) 487-9255, ext. 1115, <u>jose.tercilla@tolowa.com</u>
- **Community & Family Services Director,** Dorothy Wait (707) 487-9255, ext. 1135, <u>dwait@tolowa.com</u>
- Education Director, Lenora Hall (707) 487-9255, ext. 1190, lenora.hall@tolowa.com
- **Enrollment Specialist**, Theresa Ferrer (707) 487-9255, ext. 1120, <u>tbuckskin@tolowa.com</u>
- Interim Housing Director, Tim Hoone (707) 487-9255, ext. 1230, <a href="mailto:tim.hoone@tolowa.com">tim.hoone@tolowa.com</a>
- **Human Resources Director,** Daraxa Mattice (707) 487-9255, ext. 1215 <u>daraxa.mattice@tolowa.com</u>
- Natural Resources Director, Erika Partee (707) 487-9255, ext. 1132 <a href="mailto:erika.partee@tolowa.com">erika.partee@tolowa.com</a>
- **Planning/Housing Director,** Tim Hoone (707) 487-9255, ext. 1230, <a href="mailto:tim.hoone@tolowa.com">tim.hoone@tolowa.com</a>
- **Records & Systems Director,** Jessica Wolsfeld (707) 487-9255, ext. 1221, <u>jessica.wolsfeld@tolowa.com</u>
- **TERO Director,** Zackary Chapman (707) 487-9255, ext. 1165, <u>zackary.chapman@tolowa.com</u>
- **THPO Officer,** Amanda O'Connell (707) 487-9255, ext. 1174, amanda.oconnell@tolowa.com
- **Tribal Court Administrator,** (707) 487-9255, ext. 1161,

### Table of Contents:

<u> </u>	a ka ka ka ka ka ka l
Great Ways to Stay Connected	2
Table of Contents and Contact Information	3
Council Attendance & Motions	4-6
Natural Resources News	7
News from Information Technology	8
Daa-naa-~yash New Employees	9
Community & Family Services News	10-14
Announcements	15
Education News	16
Natural Resources News	17
Elder Nutrition Program Menu & Maa~-xuslh-ghalh (Birthdays)	18
Ch'ee-nvk-t'i (Announcements)	19
Lucky 7 Casino	20

### Lhetlh-xat-te (Future Meetings)



MISSION STATEMENT: To exert and protect the inherent sovereignty endowed upon the Tolowa Dee-ni' Nation to promote our tribal identity, and the wellbeing of our people, community, and environment by building a strong foundation, managing resources, and perpetuating our cultural lifeways and legacy.

# **Tribal Council Attendance & Motions — August 2020**

\_\_\_\_\_\_

### August 6, 2020

### **ADMINISTRATION (ADM)**

ADM-2020-084: Resolution 2020-36: Education Relief Fund

M/S/C (Giovannetti/Thompson) 6-0-1 Motion to adopt building coming from our CARES Act funding. Resolution 2020-36: Educational Relief Fund for minor citizens 'Ay~: Thompson, Boardman, Steinruck, Nelson, Sullivan Duu: under 18 years old as of June 30, 2020.

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: McCallum

### ADM-2020-085: Resolution 2020-37: Rescinding Resolution CONSENT AGENDA 2019-28: Sanctions against Loren Me'-lash-ne Bommelyn

M/S/C (Boardman/Nelson) 6-0-1 Motion to adopt Resolution 2. PLA-2020-104: COVID19 Trinity Valley Engineering Contract 2020-037: Rescinding 2019-28: Sanctions against Loren Me'- 3. L7E-2020-109: Transfer Funds \$133,347 from PPP to L7E lash-ne Bommelyn.

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: McCallum

### **COUNCIL (COU)**

### COU-2020-077: Approve 7-23-20 Working Meeting Minutes

M/S/C (Sullivan/Steinruck) 6-0-1 Motion to accept meeting minutes for July 23, 2020 with edits

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: McCallum

### COU-2020-080: Approve 7-30-20 Working Meeting Minutes

M/S/C (Sullivan/Nelson) 6-0-1 Motion to approve Working EDUCATION (EDU) Meeting Minutes for July 30, 2020 with edits

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Duu: o Xwee-la: McCallum Sullivan

### **NATURAL RESOURCES (NAT)**

NAT-2020-082: Bureau of Indian Affairs (BIA) Resilience Grant & Cooperative Agreement for Project A20AP00088 (SR SONAR) was authorized to sign and submit.

M/S/C (Sullivan/Nelson) 6-0-1 Motion to approve the Consent Sullivan Duu: o Xwee-la: o Agenda.

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: McCallum

### NAT-2020-083: Bureau of Indian Affairs (BIA) Resilience **Grant & Cooperative Agreement** for Project A20AP136

(Marine Buoys) was authorized to sign and submit.

M/S/C (Sullivan/Nelson) 6-0-1 Motion to approve the Consent 'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Agenda.

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Xwee-la: McCallum Sullivan Duu: o

### **PLANNING**

PLA-2020-087: C&S Architecture Design & Engineering Bid

M/S/C (Sullivan/Boardman) 5-0-1 Motion to accept contract with C&S Design not to exceed \$150,000 for our new office

Xwee-la: McCallum

### August 20, 2020

1. PLA-2020-103: COVID19 Oversight Committee approved

Fund

**4.** L7E-2020-110: Transfer funds \$108,852.46 from L7C to Money Market Acct.

5. L7E-2020-111: Transfer funds \$19,049 from PPP to LDG Fund

6. COU-2020-105: National Association of Native American Medical Students Letter of Support (LOS) for Admissions Procedures at UC Campuses in California

M/S/C (Boardman/Sullivan) 6-o-o Motion to approve the

consent agenda as read aloud.

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: o

EDU-2020-090: Resolution 2020-040: Online Language **Education** 

Resolution(s) will be read aloud at the 8-27-20 Regular Council

M/S/C (Sullivan/Nelson) 6-o-o Motion to adopt Resolution 2020-040 Bureau of Indian Affairs (BIA) Living Language Grant -Online Language Project

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson,

### EDU-2020-091: Resolution 2020-041: Adult Language Camp

Director Hall presented the proposed project. completed. Motion passes. Resolution will be read aloud at the 8-27-20 Regular Council Meeting.

M/S/C (Nelson/Boardman) 6-o-o Motion to adopt Resolution 2020-041 BIA Living Language Grant -Adult Language Camp

Sullivan Duu: o Xwee-la: o

# **Tribal Council Attendance & Motions — August 2020**

...............

### August 27, 2020

### **CONSENT AGENDA**

### HR-2020-108\_Action: Job Description(s) Approval(s)

CFS-TANF Program Coordinator

CFS-TANF Program Technician

CFS-Program Specialist/XA Program

CFS-Program Specialist/DV/SA Program

**XELP - Nutrition Specialist** 

XELP - HS Administrative Assistant

XELP - HS - Teacher Assistant

Housing - Office Clerk

Housing - Construction Lead

MIS/IT - Director

MIS/IT - IT Support Specialist

Public Works - Housekeeper

NR - Marine Program Manager

NR - Water Resource Technician

OSG - Self Governance Program Analyst

Records - Tribal Enrollment Specialist

sixteen (16) job descriptions listed, VII a-p.

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, 'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: McCallum

### **HUMAN RESOURCES (HR)**

# 08-210, Updated Policy

M/S/C (Sullivan/Thompson) 6-0-1 Motion to adopt the updated policy of HR-08-210 Alcohol & Drug-Free Workplace as amended.

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, 'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: McCallum

### **EDUCATION (EDU)**

### EDU-2020-089\_Action: Resolution 2020-038: Department of **Education (DOE) Demonstration Grant Application**

M/S/C (Sullivan/Nelson) 6-0-1 Motion to adopt Resolution 2020 -38: Department of Education (DOE) Demonstration Grant to support educational services in our identified targeted service areas.

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: McCallum

### **COMMUNITY AND FAMILY SERVICES (CFS)**

CFS-2020-088\_Action: Resolution 2020-39: Northern California Indian Development Council (NCIDC) Community Service Block Grant (CSBG)

M/S/C (Thompson/Steinruck) 6-0-1 Motion to adopt Resolution 2020-39 a continued partnership with NCIDC- CSBG Program

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: McCallum

### TRIBAL HISTORIC PRESERVATION (THP)

### THP-2020-093\_ Discussion: Delilah Creek Habitat Quality **Enhancement Project Letter**

M/S/C (Thompson/Steinruck) 6-0-1 Motion to approve the Del Norte County Planning Department's Delilah Creek Habitat Quality Enhancement Project Requesting Cultural Resources Survey Letter

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: McCallum

### **ADMINISTRATION (ADM)**

### ADM-2020-097\_Action: Resolution 2020-42: BIA Pacific Region Fee-to-Trust (FTT) Consortium

M/S/C (Sullivan/Steinruck) 6-0-1 Motion to approve the M/S/C (Boardman/Thompson) 6-0-1 Motion to adopt resolution consent agenda items as presented above for HR-2020-108 2020-42 the BIA Pacific Region Fee-to-Trust for continued partnership FY 2021-2023.

Sullivan Duu: o Xwee-la: McCallum

### ADM-2020-107\_Action: Contract Modification CT1910-0933-HR-2020-070\_Action: Alcohol & Drug-Free Workplace, HR- Armstrong Law Office Request to modify CT 1910-0933 with **Richard Armstrong**

M/S/C (Sullivan/Giovannetti) 6-0-1 Motion to approve contract modification CT1910-0933 not to exceed \$20,000 to complete legal review for our gaming compact.

Sullivan Duu: o Xwee-la: McCallum







# Tribal Council Attendance & Motions — August 2020

ADM-2020-118 Action: Memorandum of Agreement (MOA) Water Supply Facilities Committee (SGAC) Delegate. for Tribal Citizens IHS works on an emergency basis for 'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, services.

M/S/C (Thompson/Sullivan) 6-0-1 Motion to approve Memorandum of Agreement with Indian Health Services for Water Supply Facilities for Tribal citizens with corrections. 'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Letter Sullivan Duu: o Xwee-la: McCallum

### **COUNCIL (COU)**

COU-2020-024- Action: United Indian Health Services Authorized Alternate Delegates Letter -update document, remove chairwoman title and leave as chairman.

M/S/C (Thompson/Sullivan) 6-0-1 Motion to appoint Debbie Boardman as the UIHS Alternate

'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson, Sullivan Duu: o Xwee-la: McCallum

COU-2020-094 Action: Self-Governance Advisory **Committee (SGAC) Delegate Letter** 

M/S/C (Thompson/Boardman) 6-0-1 Motion to

Indian Health Service (IHS) Councilor Scott Sullivan to the Self-Governance Advisory

Sullivan Duu: o Xwee-la: McCallum

# COU-2020-095\_Action: Health and Human Services (HHS) Secretary's Tribal Advisory Committee (STAC) Delegate

M/S/C (Sullivan/Thompson) 6-0-1 Motion to nominate Councilor Giovannetti to the Health and Human Services (HHS) Secretary's Tribal Advisory Committee (STAC) Delegate 'Ay~: Thompson, Boardman, Steinruck, Giovannetti, Nelson,

Sullivan Duu: o Xwee-la: McCallum



Translation:  $'Ay \sim = Yes$ , Duu = No, Xwee-la = Abstain



### ARE YOU INTERESTED IN SERVING ON A

### TRIBAL COMMITTEE?

When it is safe to start holding Tribal Committee meetings again, Tribal Council will be appointing Committee Members from those with current Committee Member Applications on file.

Please contact the Administration Office for Committee Member Applications at 707-487-9255, or they can be found on the tribal website: tolowa-nsn.gov/tribal-forms/



### **Natural Resources News**

\_\_\_\_\_\_

# Burn Piles—Please Be Responsible No Burning allowed at this time

As many as 90 percent of wildland fires in the United States are caused by people, according to the U.S. Department of Interior. Some human-caused fires result from campfires left unattended, the burning of debris, downed power lines, negligently discarded cigarettes and intentional acts of arson. The remaining 10 percent are started by lightning or lava.

Most people never intend to start a wildfire, but even the best of intentions can produce disastrous results when safety precautions aren't taken.



Safe disposal of household trash, leaves, brush piles, and construction debris can eliminate a major wildfire threat.

### What Can You Burn?

### Pile burning:

Only vegetative material that you cleared from around your house can be burned.

**No** furniture, garbage, plastics or painted wood is allowed! Material other than vegetation is illegal to burn, citations may be issued for burning plastics, etc.



### **Burn Permit**

Burn permit holders can only burn on permissive burn days as determined for the North Coast area.

The public must call the District's Burn Day Status line at:

### (866)BURNDAY or (866) 287-6329

And go to **www.ncuaqmd.org** to apply for burn permits.

## **Safety Tips:**

IF you have to burn, burn responsibly

- 1. Avoid burning on dry, windy days.
- 2. Burn small piles, gradually adding to the fire as it burns down. Large piles of burning debris generate intense heat capable of carrying burning embers up and across control lines.
- Clear all dry grass and weeds from around your pile or burn barrel.
- 4. Have water, a rake and shovel handy.

Cover the pile with a plastic tarp; after a good rain, uncover the pile and burn the leaves. Everything will be wet except for the leaf pile.

## **Alternatives to Burning**

### Composting:

Reduces smoke pollution, creates rich, fertile soils, reduces landfill waste, easy and effective way to dispose of leaves and pine needles, contact your local cooperative extension for more information.

Caution: Be sure your compost pile is in a safe cleared area and monitored for heat especially during hot dry conditions. Wildfires have occurred from these piles under these conditions.

### Chipping and Shredding:

An effective treatment of limbs, branches, leaves, pine needles and vegetation. Creates valuable landscaping material used for mulch and weed abatement.

Chipping and shredding service may be free in some areas. Contact your local fire safe council for more

Information at www.firesafecouncil.org.

### Disposal:

Contact your local waste management company or lumber mill for disposal opportunities.

Natural Resources Department, Habitat & Wildlife Program

# **News from Information Technology**



# **USING PUBLIC WI-FI**

# What are the dangers?

Public Wi-Fi networks can now be found almost everywhere – in airports, coffee shops, libraries, restaurants, malls, and hotels – making it easy for anyone to connect to the Internet wherever they are. Although these Wi-Fi hotspots can be convenient, they are not always secure, potentially exposing you to online risks and presenting an opportunity for cybercriminals to steal sensitive information. It is important to understand these risks and take measures to protect yourself while connecting to Wi-Fi networks.

### SIMPLE TIPS

**Think before you connect.** Before you connect to any public wireless hotspot – like on an airplane or in an airport, hotel, or café – be sure to confirm the name of the network and login procedures with appropriate staff. Cybercriminals can easily create a similarly named network hoping that users will overlook which network is the legitimate one. Additionally, most hotspots are not secure and do not encrypt the information you send over the Internet, leaving it vulnerable to cybercriminals.

**Use your mobile network connection.** Your own mobile network connection, also known as your wireless hotspot, is generally more secure than using a public wireless network. Use this feature if you have it included in your mobile plan.

**Avoid conducting sensitive activities through public networks.** Avoid online shopping, banking, and sensitive work that requires passwords or credit card information while using public Wi-Fi.

**Keep software up to date.** Install updates for apps and your device's operating system as soon as they are available. Keeping the software on your mobile device up to date will prevent cybercriminals from being able to take advantage of known vulnerabilities.

**Use strong passwords.** Use different passwords for different accounts and devices. Do not choose options that allow your device to remember your passwords. Although it's convenient to store the password, that potentially allows cybercriminals into your accounts if your device is lost or stolen.

**Disable auto-connect features and always log out.** Turn off features on your computer or mobile devices that allow you to connect automatically to Wi-Fi. Once you've finished using a network or account, be sure to log out.

In short, never 'trust' free public Wi-Fi with any private, sensitive data. Avoid purchasing items with a credit card or entering usernames/passwords into websites that require login information.

Stay safe.

Think before you connect!

# Daa-naa-~yash (Welcome) New Employees

<u>IN KANANANAN KANANAN KANAN KANA</u>

\_\_\_\_\_\_



Dv-laa-ha~ Shxuu-shi Naa-wet-ne. My name is Randall Race Richards and I'm a new Tribal Resource Technician at the Natural Resources Department in the marine division for the Tolowa Dee-ni' Nation. I'm 20 years old and have lived all my life in the

area, and only plan on leaving to get myself an education and bring it back to help our community, culture, and our environment. Currently Enrolled at College Of The Redwoods starting my sophomore year. Personally I'm fairly certain that my field of study will be a bachelor's degree in environmental engineering. With my love for the environment and ecosystems, and having a heavy interest in math, these combined seem as though would make it not only preferable for my field of study, but hopefully a career I can truly enjoy and excel in aiding the community. I will listen more than I speak to learn the knowledge and wisdom

of our people and do my best to help revitalize and continue our way of life, and protect our natural resources for generations to come. I am very grateful for the opportunity presented to me and have big plans on doing everything I can to prove I'm the man for the job. I hope everyone reading has a wonderful day, and remember to stay safe. Xwii-day shu' waa-sinlh-'a~'vt xwii-day. (When you live correct everything shall be blessed.)



Dv-laa-ha~.

Shxuu-shi' Pyuwa Bommelyn,

dii-dvn shii-du' Wee-ya' Mee-xwvtlh-yaa~-ne.

Nuu-wee-ya' wee-naa-dvshtlh-nish-'vt hii-wee-ni shsri'-lhxvn.

Del Norte High School Wee-ya' Ihetlh-xat mee-xwvshtlh-yaa~, hii-chu Native American Studies. Ts'an-t'i nuu-wee-ya' wee naa-dvshtlh-nvsh.

Nuu-wee-ya' 'aa-nash-talh.

Hii-du'-la lha-'ii-dee-ni nuu-wee-ya' shaa~ mvlh naa-ch'aa-ghit-'a.

My name is Pyuwa Bommelyn.

I am now the Language Teacher.

I am happy to be working on our language.

I am teaching the Del Norte High School language classes and Native American Studies.

I have worked on our language for a long time.

I love our language and

Hopefully one day we can speak to each other in our language only.

'alh-du'



# Shu' naa-se (Good Place)

Due to COVID-19, the CFS Department was unable to hold in person activities for youth during the summer break. We did provide kits for youths to work on

activities at home. Families had to apply in order for their children to be considered to participate in these at-home activities. Take a look at what some families have shared of their children working on these activities.



# Shu' naa-se (Good Place)



# Shu' naa-se (Good Place)



\_\_\_\_\_\_

# **Community & Family Services News**

## **Family Services**

Child Welfare Service (CWS) is still providing services during the pandemic. We are moving forward with various projects such:

- Kinship Navigator A program to offer information, referral, and follow-up services to grandparents and other relatives raising children to link them to the benefits and services that they or the children need.
- **Mental Health and Substance Abuse during the pandemic.** We are in the process for rolling out services from this new award. We are in the process of developing mental health services to people who need both substance abuse and mental health treatment. This grant is a response to the COVID-19 pandemic appropriated by Congress.
- Multidisciplinary Teams (MDT) The MDT project is helping us develop better responses for children, families and adults who are crime victims by creating MDTs and holistic case plans with victim advocacy. We are arranging a series of staff training that includes the National Indian Child Welfare Association (Working with Substance Abusing Families, Child Protective Teams and Forensic Interviewing); National Native Child Trauma Center (Trauma Informed Case Management); "Being a Good Relative: An Old Path Toward Trauma Informed Care" presentation by the Indian Country Child Trauma Center.
- **Title IV-E Foster Care** We completed an in-service training on our Child Welfare Services manual. Due to changes in Federal regulations, we are in the process of updating our foster care program procedures based on National Model Foster Family Home Licensing Standards required under Title IV-E
- Positive Indian Parenting (PIP) CFS is working with the National Indian Child Welfare Association to develop a program for Tolowa families that is two-fold: Group Parenting Classes and Individual One to One Coaching. PIP focuses on traditional and culturally specific parenting practices and values. We will explore attitudes in a variety of traditional child-rearing ways and apply them to values and challenges of modern parenting skills.

### **Native American Child Victim Advocacy Services**

CFS's Child Victim Advocacy Project is continuing to provide services virtually and telephonically through the COVID-19 pandemic. Child victim services include but not limited to:

- Crisis Support- emergency food, clothing and shelter assistance. Transportation, medical accompaniment, and assistance with completing agency forms.
- Criminal Justice Support- court and appointment accompaniment, transportation, advocacy on behalf of the child victim, and crisis intervention.
- Culturally-centered therapies- art therapy, and peer support to promote resiliency and emotional healing and wellness.
- Cultural youth group activities provided by contracted cultural specialistsregalia making, practices and protocols, storytelling, and language, just to name a few.
- Ongoing Case Management- safety planning, identification of resources available to the victim, counseling, referral and support advocacy.

These services are available to any Native American child zero to 17 years of age who are a victim of crime and resides in Del Norte, Humboldt, Curry, Coos, or Josephine Counties.



### Coming soon!

We are working diligently to implement the Positive Indian Parenting Curriculum, developed by National Indian Child Welfare Association (NICWA). The Curriculum includes parent coaching assistance and parent/ caregiver parenting groups and will be open to the Tribal community. If you are interested in learning more about our services please contact our Child Victim Advocate for details.

Tara Lopez-Eck Office: 707-487-9255 ext. 1216

Cell: 707-954-4544

Email: tara.lopez@tolowa.com

### **Substance Abuse Program**

The Tolowa Dee-ni' Nation Substance Abuse Program is happy to announce we have four (4) clients that have reached out and have returned to the program from the effects of the COVID-19 pandemic has had on their lives. We are adopting new curriculum that has two (2) Native American Journals and nine (9) other Journals to implement in our phase two of the Substance Use Disorder "SUD" program. Five of our clients have phased up to the second stage of the program and we would like to congratulate them. If you know anyone who is struggling with their addiction or drinking we are here to help. We are an anonymous program and are here to help those who have been struggling through this pandemic. For more information about the Substance Abuse Program, please contact:.

Michael Harling at (707) 487-9255 ext. 1195 Kathleen Daignault at (707) 487-9255 ext. 1172

# **Community & Family Services News**

### COMMUNITY AND FAMILY SERVICES—TANF PROGRAM

Community & Family Services manages a Tribal TANF Program AVAILABLE ASSISTANCE: (TDTP). One of the many services available is Non-Recurring Short Term Benefits. This program may provide some benefits to families facing extraordinary circumstances due to the novel Coronavirus.

### Non-Recurring Short Term Benefits:

This program is for families that are experiencing a crisis situation or episode of need that would cause the loss of regular full time employment. Families must be within 300% of the poverty guidelines for their household size. The goal of this program is to assist the family with a temporary need to keep them from being on regular TANF cash assistance.

### PROGRAM REQUIREMENTS:

- Must reside in the identified service area of Humboldt, Del Norte, Josephine, Coos and Curry
- One member of the household must be a member of a One memoer of the household must be a memoer of a federally recognized Tribe if residing in Josephine, Coos or Curry Counties (this could be a child). If residing in Humboldt or Del Norte Counties; one member must be a TDN Tribal Citizen (this could be a
- Meet the income requirements for your household size.
- Not currently receiving TANF assistance.
- Payments will not exceed a maximum of \$4000 per eligible
- This program will not extend beyond 4 months.
- Some exceptions apply.

- Child Care Expenses
- Work expenses such as uniforms and tools.
- Mortgage, rent, or other housing expenses.

...........

- Rental deposit, moving costs or other housing costs
- Educational expenses such as internet access for on-line

To apply for TANF Non-Recurring Short Term Benefits, please contact our office at (707) 487-9255 extension 1131 for an application or visit us at Sri'-srwvlh Mee-ne', 16299 Highway 101 North, Smith River, CA.



### Shu'-'aa-xuu-dvn (In A Good Way Place) The Domestic Violence/Sexual Assault Program

The Shu'-'aa-xuu-dvn Domestic Violence/Sexual Assault Program continues to serve community members during COVID-19 Public Health guidelines. The doors to our office location remain closed to the public at this time. The COVID-19 pandemic has presented unique challenges for domestic violence survivors, including intensified insolation and additional barriers to accessing support and resources. Despite these challenges, our department is committed to helping our community through this stressful time.

Currently, we are offering the following services:

- Domestic Violence/Sexual Assault Crisis Line: (707) 487-3175
- Peer Counseling
- Legal Advocacy
- Life Skills/Budgeting
- **Housing Advocacy**
- **Emergency Shelter**
- **Emergency Supplies**
- Community Referrals

Zak'ry Conger Shu'-'aa-xuu-dvn Program Manager (707) 487-9255 Ext. 1134

# Child Care Assistance Program is Accepting Applications

### You may qualify if:

• Child(ren) fit the definition of Indian child as outlined:

Del Norte and Humboldt Counties: a child from 0-13, who is an enrolled member of TDN **OR** a child from 0-13 years of an enrolled Tribal Citizen (by blood, court decree, or marriage)

Curry County: a child from 0-13 of an enrolled tribal citizen of a federally recognized tribe OR a child (by blood, court decree, or marriage) of an enrolled member of a federally recognized tribe

- Child(ren) resides with parent(s) who are working, attending a job training program, attending an educational program, looking for work (limited), or attending an intensive substance abuse program
- Your family falls within the income limits based on your family size

Contact Monica Calvillo at 707-487-9255 ext. 1191 for more information





### **COMMUNITY AND FAMILY SERVICES**

### CFS Staff Locations

110 W First Street

Domestic Violence/Sexual Assault Program Substance Abuse Counseling (located in modular)

16299 US HWY 101 N

Family Services

TANF

Tribal Services - burial, elder emergency assistance general assistance, medical assistance, catastrophic

You may be eligible for some of the following programs:

### **Burial Assistance:**

There is a max allowance of \$3,500 for assistance. IF, there are funds left over, the remaining balance may be awarded to an heir, or next of kin to the deceased.

### Catastrophic Emergency Assistance:

Available to Tolowa Dee-ni' Nation Tribal Citizens who reside in our 5 county service area ONLY (Coos, Curry, Josephine, Del Norte and

- Payment may be provided to individuals or families who suffer fire, flood, or other destruction of their home and loss or damage to personal possessions. TDN will make payments only for essential needs and other non-medical necessities.
  - TDN Citizen must be 18 years and older
  - Primary residence of the applicant, provide verification
  - Primary residence is within the 5 county service area
  - Apply within two (2) weeks of home disaster

 Completed and accepted applications will be eligible for a maximum allowance of \$500 per calendar year, to use towards an emergency situation. Requests should be discussed with CFS staff before purchase of any items to allow us to verify the need for a replacement item. If an elder purchases fuel or similar items and wishes to apply for reimbursement, this must be within two (2)

### General Assistance:

Available to Tolowa Dee-ni' Tribal Citizens who reside in our 5 county service area ONLY (Coos, Curry, Josephine, Del Norte and

• Provides financial assistance to eligible Tribal Citizens with a goal

to increase self-sufficiency. This is accomplished through specific steps an individual will take to increase independence as outlined in his/her Individual Self-Sufficiency Plan (ISP)

\*May receive up to three (3) months of assistance per calendar year.

Medical Assistance (includes hospitalization, medical travel and consecutive/long-term therapy)

### Available to all Tolowa Dee-ni' Tribal Citizens

Medical Assistance Grant Awards, annual maximum allowance shall

- \$75 for trips one-way from 50 199 miles, or \$150 for trips one-way from 200 + miles, from a Tribal Citizens home. Payments are not made retro actively: Tribal Citizens have the
- responsibility to request assistance prior to appointment date, or in the case of an emergency, ten (10) business days of the
- Hospitalization Assistance: Available for members or their spouse who are hospitalized. Members or their spouses are eligible for \$100 a day after a verified hospitalization of three (3) consecutive days; up to, and not to exceed, \$1,000 for inpatient treatment. Limited to one per calendar year per member.
- Consecutive Treatment/Long Term Therapy: available for certain life threatening conditions including, but not limited to, cancer, renal failure, neurological disorders and coronary heart disease

NCIDC LIHEAP- Energy Assistance: Contact Monica Calvillo Available to Tolowa Dee-ni' Tribal Citizens who reside in Del Norte or Humboldt County ONLY

- Tribal Citizen must complete an NCIDC LIHEAP application and submit information specified on application; along with energy bill.
- NCIDC will verify information, approve or deny request.

\*\*\*Due to COVID-19 Social Distancing regulations, you may be able to submit applications to CFS via phone or emai Contact Monica for more information at 707-487-3183.

Please remember that all programs are here to assist members in a time of need AND are made possible with available funding.



### Announcements



Tolowa Dee-ni' Nation Community & Family Services 16299 US HWY 101 N, Smith River CA 95567 Phone: (707) 487-9255 ext. 1191 Fax: (888) 886-4306

### **April is National Child Abuse Awareness Month**

In order to engage Tolowa Dee-ni' Nation (TDN) families in thinking proactively about child abuse awareness issues and how they can have an impact on preventing child abuse, Community & Family Services (CFS) is hosting a poster contest. The contest will begin **October 1, 2020** and run through **January 31, 2021**.

All qualifying posters will be on display at the North CFS office until the judging is complete.

The winning posters will be displayed at TDN locations and enterprises during the month of April as well as placed in the newsletter and on the CFS Facebook Page.

Theme: "See Something, Say Something"

### Contest Rules:

- $1. \ \ Posters\ must \ have\ a\ positive\ message\ and\ illustrate\ how\ children\ can\ bring\ awareness\ to\ child\ abuse$
- $2. \ \ \, \text{Any kind of art can be used in poster design: crayon, paint, pencil, and marker}$
- 3. Suggested poster size  $11'' \times 14''$
- 4. Contest entry and poster must be received prior to deadline in order to qualify
- 5. Originals must be submitted pictures of artwork will not be accepted
- 6. No professional or copyrighted images or materials
- 7. Open to TDN Tribal children in grades K-7 who reside in Curry, Del Norte, and Humboldt counties
- 8. Two groups will be judged: grades K-4 and grades 5-7
- 9. Entry deadline: January 31, 2021
- 10. Contest entry forms may be mailed, faxed (number above), or emailed
- 11. Entry forms must be complete and signed by both the parent/guardian and participant
- 12. Qualifying participants will receive a child abuse awareness t-shirt

Contest winners will be notified no later than February 15, 2021 and announced in the March newsletter.

Original posters may be mailed to or turned in at:

North CFS Office ATTN: Monica Calvillo 16299 US HWY 101 N Smith River, CA 95567

Questions, contact Monica at 707-487-9255 ext. 1191 or monica.calvillo@tolowa.com



Tolowa Dee-ni' Nation Community & Family Services 16299 US HWY 101 N, Smith River CA 95567

### Child Abuse Awareness Poster Contest Entry

October 1, 2020 – January 31, 2021 Phone: (707) 487-9255 ext. 1191 Fax: (888) 886-4306

### **Participant Information**

Child Name (first and last)	
Mailing Address	
City, State, Zip	
Phone #:	Message Phone #
Date of Birth:	T-Shirt Size
School Name	Grade
or utilized to bring awareness to child a	& Family Services (CFS), I hereby agree that my poster will be displayed buse by CFS. I further understand that my poster will be placed in the lerstand that any materials selected for awards become property of Tolowa
Participant Signature	Date
Parent/Guardian Signature	Date
Parent/Guardian Signature	Date



Community and Family Services

Tolowa Dee'ni Nation

# Notary Public

## **Kara Scott**

Tribal Members are you in need of a Notary?

What you will need:

Current State or Tribal ID (can not be expired)

Reside in Del Norte County

Call the Tribal Administration office at 707-487-9255 Ext. 1100 for an appointment.







# \_\_\_\_\_\_

# **Education News**

### **Higher Education Program (HEP):**

We have 68 students in the HEP program. Most of the students are working toward their AA degree. There are approximately six TDN Tribal citizens who are in a nursing program in different universities around the US. Nursing is are largest HEP participant program. There are currently no law, natural resources, and biology students.

Most of the higher education institutions are online. However, there are some colleges that are opening up for full attendance at the institution.

### **Tolowa Language Program:**

The Education Department recently hired Pyuwa Bommelyn as our new language teacher. Pyuwa teaches Tolowa 1 and 2 as well as the Native American Studies at Del Norte High School. As soon as the TDN Head Start and Tribe open up after COVID-19 passes, Pyuwa will start teaching Tolowa language to those populations.

### **Tolowa Dee-ni' Tribal Library:**

The Library program has partnered with the Community and Family Services Department to provide book bags for Tribal youth. The bags are for preschool to 8<sup>th</sup> grade students. If you would like a book bag, please contact Monica Calvillo or Mattie Castellaw for assistance. 707-487-9255.

We are looking for any TDN Tribal citizen that has knowledge of library science. We need help to organize and grow our library. You do not need to be certificated. Our budget will allow a stipend for a very part-time worker. Also, non-tribal community members are welcome to obtain information of the volunteer work.

### **Education:**

The Education Department has been busy organizing the 2020 Graduate packets to be mailed out. The Graduation packets will not be mailed out until November or December. We are advertising for a necklace maker to make 45 necklaces. If you know a necklace maker, then have them contact the Education Department for an announcement. This is a contracted opportunity.

The Education Department is looking for Cultural Practitioners for our workshop series. We intend to provide a culture/language workshop once per month once the COVID-19 passes. The goal is to get these workshops going so that our TDN citizens can have resources to learn from and be able to teach the skill or just use the knowledge for self-enjoyment.

### **JOM CARDS:**

The \$25 JOM school supply cards will be mail out this year. The Education Department is mailing out Walmart and Fred Meyer school supply cards. If you would like to come to the Education Office to pick your card up, please contact Mattie Castellaw at 707-487-9255, ext. 1550 or mattie.castellaw@tolowa.com

As of writing this report, we have only 140 students that will be receiving the JOM school supply cards.

# When Wildfire Ash Falls on Fruits and Vegetables

Fruits and vegetables in the garden that have been showered with ash from wildfires should be safe to consume, according to Oregon State University Extension Service experts.

Rinsing the produce outside and then again in the kitchen sink will help remove ash and the particulates that accompany it, according to Brooke Edmunds, associate professor and Extension community horticulturist in the OSU College of Agricultural Sciences.

Ash and smoke are unlikely to penetrate fruit and vegetables, Edmunds said. However, safety becomes more of an issue the closer you are to a fire. Note how much ash collected on your produce and the health of your plant to make a determination

"Use your best judgement," Edmunds said. "If your garden has a heavy layer of ash or is located near a structure that burned, the risk is higher. Burning buildings contain different toxins than a forest."

In addition to rinsing, Edmunds advised peeling produce like tomatoes, apples and root crops and stripping the outer leaves of lettuces and other greens. For a more thorough cleaning, soak vegetables and fruits in a 10% white vinegar solution (one cup vinegar to nine cups water), which can lift soil particles off vegetables like kale, Swiss chard, savoy cabbage and fruit like peaches, apricots and nectarines.

Avoid going outside to harvest while smoke lingers, Edmunds said. When air quality improves, wear a mask (an N95 is best, but if you can't find one due to the shortage, wear a cloth one with a filter) to help filter any residual ash. You can find the latest air quality information at <u>AirNow</u>. Avoid tracking ash into your house on shoes by removing them outside. Clothes can also carry smoke and ash into the home, so change and launder them as soon as coming inside. And don't forget to wash your hands.

If fire comes close to your home, think about taking additional precautions, Smoke, fumes and heat affect food even if the home seems well sealed. Smoke can enter through the smallest openings, including around windows and doors.

In those conditions, OSU Extension food safety experts recommend replacing:

- Food stored at room temperature like potatoes, fresh fruit and vegetables and dried fruit in open containers in cabinets and on shelves.
- Food such as meats and dairy products in refrigerators and freezers that
  have been contaminated fumes can enter through seals that may not be
  airtight. If food has an off-flavor or odor when it's prepared, toss it. Always
  err on the side of caution.
- Food packaged in cans or jars that have been exposed to temperatures over 95 degrees. Cans that are split or ruptured or have visible signs of damage. Food in metal cans that are commercially sealed, undamaged, unopened, water-proof and airtight can be considered safe once they're disinfected. First scrub the can with detergent and then submerge it into a mixture of chlorine bleach and water. The Centers for Disease Control and Prevention recommends one cup of bleach to five gallons of water. When finished, make sure to label the can.



Heat can cause jars and cans to split and crack, allowing germs to enter. Even if undamaged, heat can cause food to spoil. Smoke and chemicals from a fire can potentially poison foods and firefighting chemicals can taint foods. Find more information at Food Safety and Wildfires, a resource from the Western Regional Center to Enhance Food Safety in the College of Agricultural Sciences.

The closer your garden is to a fire, the larger the chance the soil may be contaminated, Edmunds said. To determine the amount of chemicals that seeped into the soil, consider doing a soil test before planting next spring. Collect soil samples from several areas, label them with the spots where they originated and send them to a lab. The OSU Extension publication Analytical Laboratories Serving Oregon is a good resource.

Mapping the food-growing area and soil sample spots allows you to correlate your test results, and identify spots of concern in case you need to do more testing, according to the UC Cooperative Extension of Sonoma County, California. Ask the lab for a heavy metals panel analysis that includes lead, cadmium, arsenic, nickel and mercury.

Other actions to take include washing off plants in the garden with a hose, mulching and using drip irrigation or soaker hoses to lessen the chance of possibly contaminated soil from splashing on plants, especially leafy green vegetables. A landscape fabric or weed cloth can be used as a barrier between soil and mulch. Avoid kicking up soil as you walk through it. It's very important not to use a leaf blower to clean anything outside, including plants, cars, patio furniture and sidewalks, so that you don't breathe in ash, Edmunds said. Instead, use a gentle stream from a hose.

Finally, if you have a thick accumulation of ash, it's not a bad idea to amend your soil with compost or a "clean" soil mixture from bags or in bulk from a soil amendment outlet. According to UC Sonoma Extension, some research suggests soil microbial and fungal populations, which help break down organic chemicals in soils, would be appropriate for low-level contamination. However, it wouldn't be necessary to amend for most people.



# Nee-san Num-nii~-ma~s (October) Elder Nutrition Program Menu — Howonquet Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tuna Casserole	2 Breakfast
5	6	7	8	9
Fettucine Alfredo	Chicken Fiesta	Potato and Ham Chowder	Fish and Chips	Salisbury Steak
12	13	14	15	16
Ravioli	Sweet and Sour Pork	Chicken Noodle Soup	Beans w/ Bacon	Chicken ala King
19 Chili Relleno	20 Spaghetti	21 Navy Bean Soup	22 Teriyaki Chicken	23 Elk Gravy over Mashed potatoes
26	27	28	29	30
Bean and Cheese Burrito	Beef Stroganoff	Sack Lunch	Chicken and Noodles	Meatloaf

Meals by delivery only until further notice in response to COVID-19 pandemic To reserve a meal, please call:

(707) 487-0215 and press option 3

**Suggested donations:** 

Elders 55+, \$2 (some are free)

Under 55, \$7

**Kevin Richards** 

**Brennan Richards** 

# Maa~-xuslh-ghalh Sri'-lhxvn (Birthday Happy) Nee-san Num-nii~-ma~s (October)

Haley Abbott **Cort Arlandson** Edgar Atrian Jr. **Angel Baca** Gerald Balcom Sr. Alexia Boatsman Allen Bommelyn Marvin Boome Jr. Mc Kavla Bravo **Richard Brooks** Jacquelynn Brown Monica Calvillo Garrett Campbell Caleb Chapman Courtney Chisman Ranell Chisman Harley Coplin Madison Cox **Sydney Criteser** Michael Curry Julia Cutright **Kelsey Davis** Kalea Davis Michael Dobrec Jr. **Trent Dobrec** Laurie Doyle Alex Eastman

Colin Ekman

Raven Evanow Robyn Evans Noah Ferrer Kaitlyn Finigan Tamyra Finigan Nicholi Fletcher **Oren Fouts** Laura Fox Coleen Frantz Mc Kinley Frantz Makayla Fullam Te Naya Fuller Lee Gardner Tarysa Geedey Mason Glerup Charles Gochanour Sr. Drake Goodlin Jacalyn Gorbet Jadyn Gorbet Bernadine Guerrero Vickie Hall Joseph Halverson Patricia Haney George Hinshaw Jr. Paisleigh Hodges Brooke Hodges Gabrielle Hodges

**Daniel Honnies** Tyler Hostler Aubrey Felix-Fender-Ramirez Rayden Husted Kenneth Hutsell Keeanna Idica Rachelle Isham Tyler James **River James** Robert Johnson Reilly Johnson-Baltodano John Jonesburg Kasandra Kamisky Michelle Keeter Brooklyn Kelly **Dorothy Kendrix** Deborah Kirby Heather Kliever-Turpin Keegan Larson **Ember Leddy** Tanner Lemmon Regin Loftin Reginald Loftin Kerri Lopez Ryan Lopez Finnley Lopez Cooper Lopez Faith Mahan Julia Martin

Tucker May Donald Maynard III Ethan McCallum Savanna McGuire Angel McKenzie Sandy Melton Kayden Mitchell Neno Moreno Justin Murrell Abel Narvaez **Gregory Netcher** Jonathan Netcher Wesley Netcher **Betty Netcher** Amanda O'Connell Dee Anna Olson Muronica Owen Madisyn Pavola Brayden Payne Deborah Payne Herbert Payne Derek Payne **Kelly Petty** Jessica Petty Judith Phillips Jaycob Remington Tristan Reynoso Neena Richards

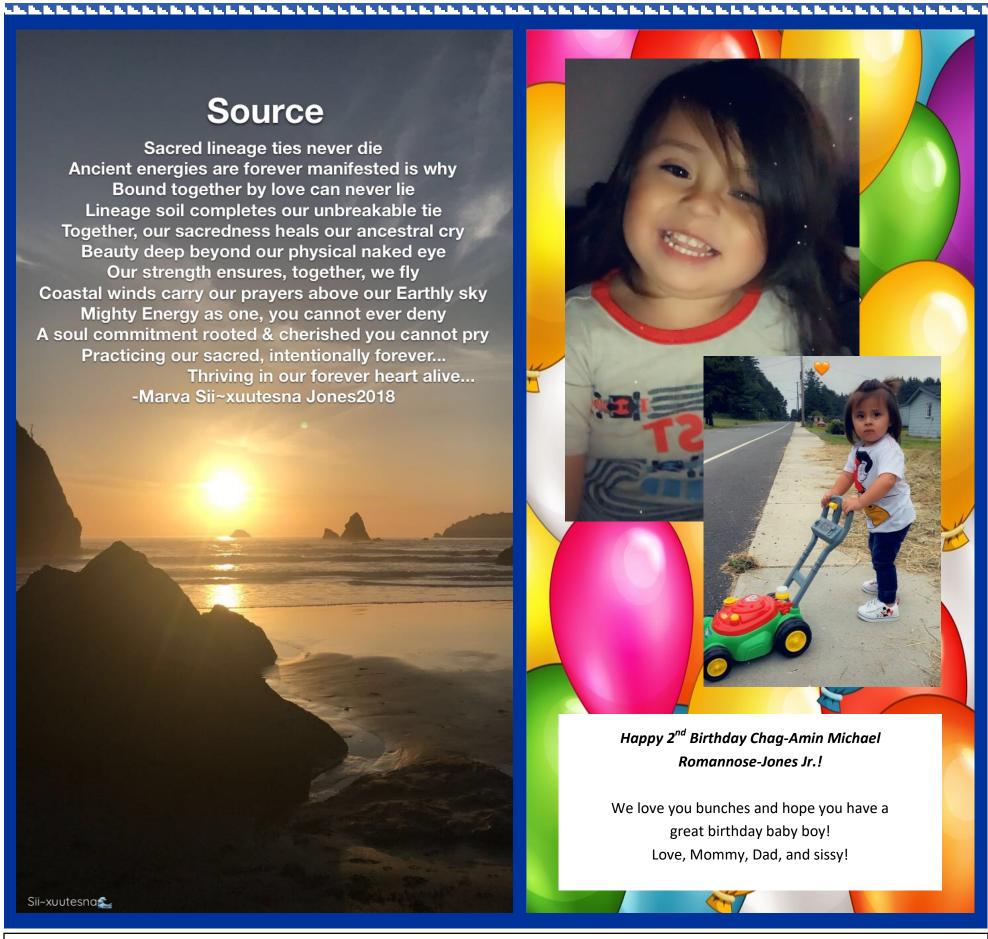
Lisa Richards Jonathan Richards **Amber Ridders Drew Roberts Brayden Roberts** Chag-Amin Romannose -Jones Jr. Abigail Rook Ryhatt Rook Stephen Rule Jessica Salmans **Gregory Samuelsen Henry Sanderson** Sri-Nic Sanford Marc Schell Aundriea Sesher-Lindke Kadence Simpson Travis Sossaman Auryonna Stepro **Daniel Thompson** Winona Thornton James Thornton III **Conrad Travis** Michaelangelo Tribur **Evan Vickers** 

Jonna Weeks

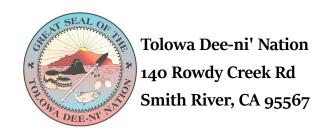
Aaron Wescovich Shawn Whipple II **Thomas White** Wayne Whitehead Jr. John Wilber Sherria Willburn **Emilee Workman Smith** Kaiya Wright



# Ch'ee-nvk-t'i (Announcements)



Nee-san Num-nii~-ma~s (October) 2020 All rights reserved. Tolowa Dee-ni' Nation Tribal Government Newsletter published by the Tolowa Dee-ni' Nation, 140 Rowdy Creek Road, Smith River CA 95567. Phone (707) 487-9255. Articles do not necessarily reflect the opinions of the Tribal Council of the Tolowa Dee-ni' Nation or their staff. The Tribal Council of the Tolowa Dee-ni' Nation reserves the right to use their discretion in the information they publish. As per the Tribal Council of the Tolowa Dee-ni' Nation, no article shall be published or acknowledged in the tribal newsletter that does not promote and protect the best interests of the Tolowa Dee-ni' Nation. Editor: Jessica Wolsfeld (707) 487-9225 jessica.wolsfeld@tolowa.com



PRESORTED STD US Postage PAID Permit No. 76 Eureka CA

NEE-SAN NUM-NII~-MA~S (OCTOBER)

### **2020 TRIBAL NEWSLETTER**

